

LAMBDA

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Games Room Version 2.0



Ashley Strange
SGA/AGE President

As President of the SGA I spend a fair amount of time behind a computer screen in my office in the back corner of the SGA office. When I start to get the office blues, I often jet over to the Games Room right next door for friendly faces, a good laugh, and a

great cup of coffee. If you have never taken the time to stop by the games room, I highly recommend a visit. The Games Room recently underwent a massive facelift. Earlier in the fall, Games Room employees and a few volunteers came together to repaint the room. They picked vibrant colours that were a strong representation of the posi-

tive vibe of the space when it is full of students. The painting also included a few chalk-paint walls where students could express themselves, and advertise events. The Games Room staff did not stop there! Over the holiday break several students painted an 8.5' by 25' mural of a screenshot from the first level of Super

Mario Bros. NES. Amber-Lee Carriere, manager of the Games Room, had put out a request calling on ideas for the mural. The final idea was a consensus between staff and frequenters of the games room. The mural was designed by Vanessa Charette. The girls spent the majority of the break working on the painting. "I

didn't keep a time sheet because I don't want to know how much of our Christmas break we devoted to it" says Vanessa. When I asked Amber-Lee how much time was spent on the mural she responded with: "We literally painted over the whole break. We started on December 18th and finished the Sunday before classes started." The two girls don't take all the credit though. The girls had help from 15 volunteers including Yan Yeung, Callan Rogers, Jeff Pagnutti, Veronica Charette, and Eric Kingsley. I asked both artists what they feel the mural brings to the Games Room. Vanessa replied by saying "I feel that it brings to students a reminder of days when we used to gather after school in front of someone's television to take turns playing our favourite video games." Very fitting, seeing as the Games Room has two large TV's both equipped with gaming systems that are running all day long. The Games Room is also equipped with three pool tables, two ping pong tables, and a foosball table for students to use FREE of charge! There is a microwave that is open for use for a steaming hot lunch on these bitter cold days. The tunes are always playing and the couches are extremely comfortable.

If you have not spent time in the Games Room, I highly recommend you come by for a visit. It is a great place to spend time between classes, eat a meal, meet students, and get a fair-trade caffeine fix at the Coffee Club.

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Technology

New cutting edge technology from around the world

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Idol

Canadian Idols appear at Laurentian University

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Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

Paying money to Advertise? What next?



Jason Miller
Editor-in-Chief
2008/2009

Hello everyone and welcome to the biggest issue of the year. This happens to be a point of pride for me because I was able to create the largest issue so far, all while undergoing office renovations. The Lambda office was in a horrible state when I took on the job of Editor and Chief. It was filled with disorganized clutter and mess. I had a hard time dealing with how many useless things were left behind in the office over the years and after a 2 month process of tedious organizing and trying out my blue collar, I am finally able to relax.

Now that this little tidbit of information about my life is out of the way, I can carry on. Clothing seems to be a very big issue at University whether we

believe it or not. It defines who we are, whom we socialize with and the first impressions that we give others. This idea does not change, but only alters over the years. As we can remember from our youth, fashion trends have come and gone. Most people at some point were subject to some of these trends. I as well have been sucked into a trend or two in my past. But now after many years of realizing what a waste it is to follow them, why do so many people still follow trends as if it was life or death if they wear something 'out of style'? I am not sure why people still do, so ask yourself why you buy clothing at certain stores. I cannot walk from one part of Laurentian to another without seeing some shirts appear 3 times. You go to a bar and have the potential to see the same clothing so many times you would think that the same person is everywhere or that they are all clones. I am not going to

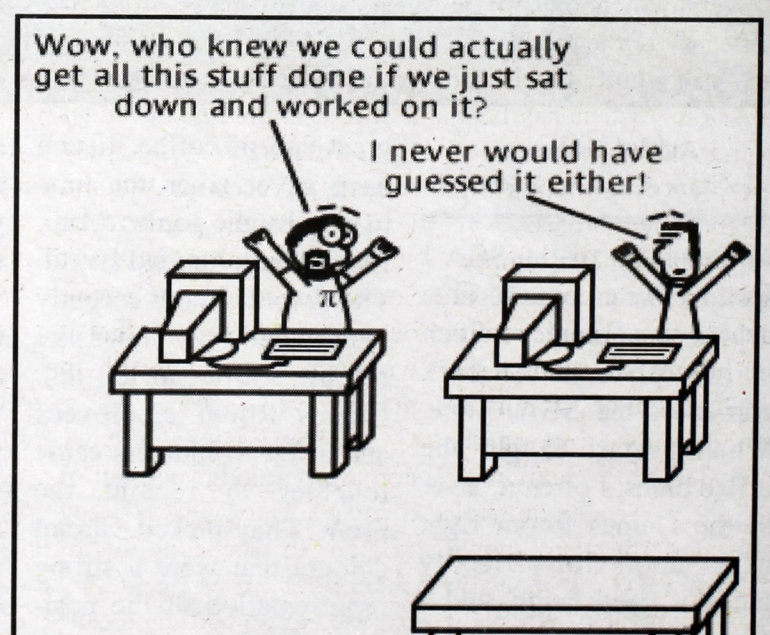
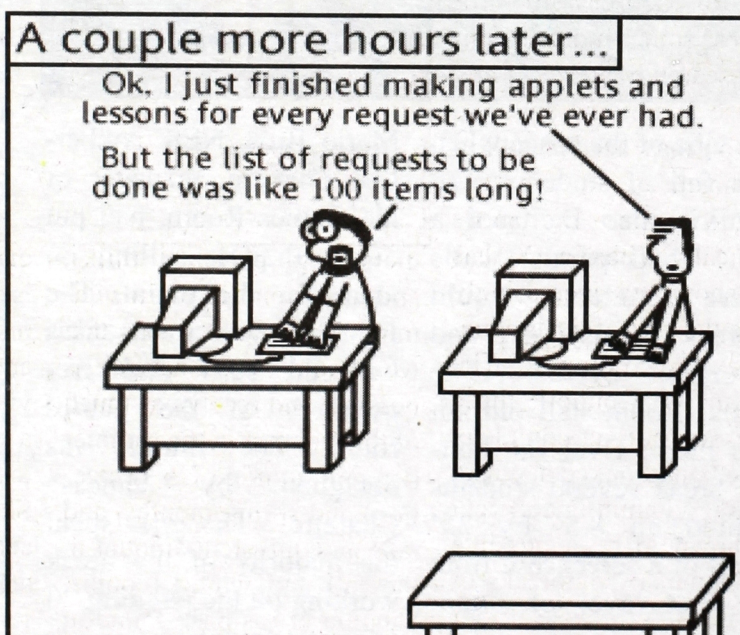
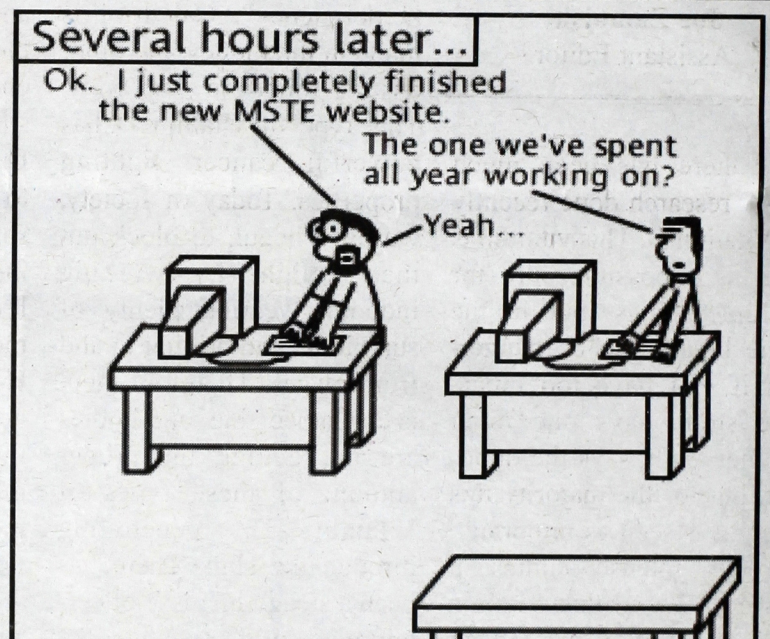
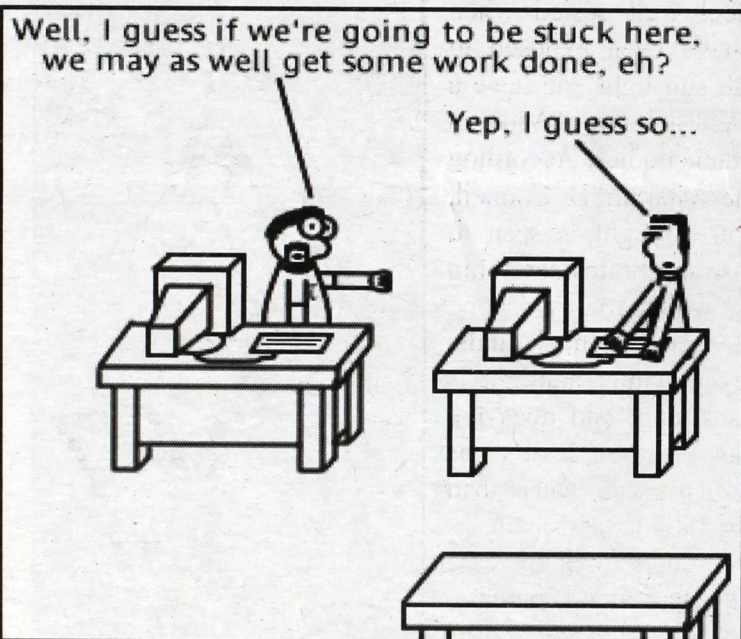
point out exactly what clothing I am talking about because I do not want to direct my argument towards one group. I do not want people to miss the real message. Trends are usually overpriced articles, with no better quality than cheaper ones. The only difference is that with the 'trendy' clothing that you buy transforms you into a walking billboard. Somehow these companies have tricked you into buying advertisement at high prices. We have pop-ups on the computer that are annoying, but now clothing pop-ups are seen in crowds.

Most people who try and defend the clothing that they wear simply claim that the people insulting it are just jealous they are not wearing it. Often they think that the opposite sex will find them more attractive if they are wearing it, or just that it looks good. But how did people start thinking that it looks good? These styles were

not around before (except for the many recycled trends we see today) and the answer is simple. They are just invented by some rich fat cat or celebrity who knows that the public will buy anything just for the name or face attached to the item.

So ask yourself 'why am I buying this?' 'What message am I sending to everyone else?' If you are happy with being just another person helping the rich get richer, then by all means carry on with your life. However, if you want to be different (and I do not mean dressing insane just to prove a point) then wear something you like without pressure from anyone else, and you will not just be another face in the crowd, but an independent person. (And you will save money too)

Until Next Time
Jason Miller



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BACK IN THE SWING OF THINGS



Joe Zamojski
Assistant Editor
2008/09

Wow, it seems like just yesterday that I was at home opening Christmas presents, and now, January is already coming to an end. Hopefully everyone has gotten organized and back into school mode by now. It seems like classes have just begun and already there are major assignments, tests, quizzes and readings to be done. Keeping organized and sticking to a schedule is the main key now, since this semester seems like it is going to just fly by. The first couple weeks back from a break are always a little difficult, because our body is trying to get back into

a different schedule.

Not much has changed in the past two weeks other than school work piling up like usual. I don't know about you, but I am trying really hard to stay organized so that I don't get behind this semester. Also so that I can hopefully raise my marks even more, and maintain a good average. I can not stress enough, since I am a culprit myself, not to leave things to the last minute. When this happens stress builds up and the work is not completed to its full potential. Make a calendar of the dates when major assignments, tests, quizzes, and readings are to be done by. This way when you look at it you can plan, and prioritize your time. This way you will stay less stressed, know when you will

have free time, and your will more than likely see a difference in your marks. Next, if you're having trouble with any other part of school, there is usually some way to try and help the situation or problem.

This brings me to my next topic, seeking help before it is too late. Some people have trouble studying, getting organized, or even are having problems with their classes and schedules in general. There are people at our school that can help. Don't wait until the last minute, because then it is probably going to be too late. Every program has an academic advisor that students can go and speak with regarding their schedules and classes to take. These people also are able to talk to you about transferring programs or concen-

trations, if you are finding difficulty, or just are not enjoying the program you are in. Making sure that you are taking the right classes is very important, especially in some degrees like Education for instance. This is because most of the time there is no room for extra courses. If you are having any of these problems, or want any other questions answered about your program, speak to your program coordinator and ask to see your academic advisor. Also, talking about studying tools, organization skills, and other things like that, there are many tutorials, and workshops that go on here at Laurentian, usually through the library. Not only are there some workshops available, there are people you can talk to as well. Ask a ques-

tion; that is the only way you are going to get a proper answer.

Talking about all of this boring organization and study stuff, school can be very overwhelming (as I have stated in the past). However, we have begun a new year and a new semester. Don't forget to keep a little time aside for yourself. Use this time to relax or do something other than school work. It is very important; because this will help you stay less stressed, and are an overall happier person. Take some of these simple but important things into consideration this semester. They are easy to forget, and it is very easy to get behind. However these simple dealings may help you achieve better success in your endeavors.

Vitamin D and its Effects ...Are You Getting Enough?

Joe Zamojski
Assistant Editor

There has been much research done recently on Vitamin D. This vitamin is seen as a possible cure for multiple things, but in the same breath can be dangerous if you have too much. One study says one thing another study says the opposite, but for the majority this vitamin is seen as important. Through intense studies, it has been found that Vitamin D is an essential part of our diet as human beings. It is significant to the health of your skin, and levels of depression. Also it has been proven to decrease the risk of cancer, autism, mental illness, and osteoporosis.

Vitamin D is important for the outer layer of our body, our skin. There are different forms of Vitamin D, according to The Vitamin D Council, most importantly cholecalciferol, calcidiol, and calcitriol. Cholecalciferol also known as Vitamin D3, is made in large quantities when it strikes your skin. It can also be taken in a supplement form. If you are not getting enough sunlight penetration to your skin, your body may be somewhat deficient in this vitamin. Calcidiol is pre-hormone found in your blood stream. This type of Vitamin D is what is tested for to see

if your body has a "Vitamin D deficiency". Calcitriol is made in the kidney and other tissues found in the body. This type of vitamin D has powerful cancer fighting properties. Today in society, we have begun to block out the sunlight by working indoors, wearing plenty of sun block, and driving to and from places. Therefore there is a chance that our bodies are not getting the proper amount of these types of Vitamin D, penetrating through the skin. There has been a steady increase of certain types of disease over the years due to many different things. While too much sun is not good because of UV rays it still is important for about ten to fifteen minutes per day in terms of receiving Vitamin D. This vitamin needs to be absorbed or taken orally if you are found to be deficient, because studies show that it will increase your health in many ways.

Depression is very common among people of today's society. This is being related to the amount of Vitamin D we as people are exposed to. According to The Vitamin D Council, bright light is seen to improve moods in people. Although this vitamin may not be a cure to depression of all kinds, it definitely can help with the situation. Even normal individuals, whom are not seen as clinically depressed will be in better

moods, have more energy, and feel well rested when they have been exposed to enough sun light and have a sufficient amount of Vitamin D in their bodies. According to The Vitamin D Council, summer sunlight is seen to increase the brain's serotonin levels, which increase good mood in individuals. However, winter sunlight is not as strong, and does not increase these levels as much. This can cause bad moods, fatigue, and laziness. People's energy will decrease with the bad mood increase. Vitamin D deficiency and its link to depression still requires some more extensive research however, if any of these symptoms apply to you, you may need to talk to a physician.

Vitamin D, more specifically Vitamin D3 has been shown to increasingly reduce the risk of developing cancer. According to The Vitamin D Council these studies are not yet complete, but are being looked at closely. Being vitamin D deficient has shown to be a possible cause for many outbreaks of disease. Many people in our society could benefit from increasing their Vitamin D intake. It has not yet been determined how much vitamin D is needed to reduce the risks or prevent cancer from developing; this is still a work in progress. However, Vitamin D is found in sunlight mostly, a little in our



diets (e.g. enriched milk), and also some in multi vitamins. Thus far it seems that we should be as natural as possible and receive as much of this vitamin in the summer (keeping in mind UV protection) and spring months, and take an equivalent amount in the fall and winter months. Vitamin D has been found to be effective in the fight against this dreadful disease known as cancer. Research is far from complete and will be continued to be studied through the future.

This Vitamin has been seen to reduce the risk of many diseases, and also help control different states

of mind in individuals. There is much research being done on this topic of Vitamin D, and its importance. Is this vitamin important? Can it be a major cure for further medical problems in our society? Should we look at this topic seriously? These questions are answered from many different viewpoints and perspectives. However, it definitely has some link to the problems of people and their health in society today. You may be surprised, Vitamin D could be low in your body, and it could also be the "fix" to some of your health problems.

Proposed SGA Constitution Changes

Now therefore, the Laurentian Students' General Association enacts as follows:

1. By-law 5.02 (Jurisdiction of the Board) is changed to "first day of class".
2. By-law 8.04 (Board and Executive Meetings) is amended to add "except December and April."
3. By-law 8.12 (Board and Executive Meetings) is stricken.
4. Bylaw 9.02 (Standing Committees of the SGA/AGE Board) is amended to change at least once monthly to "at least once during the tenure of the board."
5. Bylaw 9.04 (Standing Committee of the SGA/AGE Board) is amended from required to sit on two (2) standing committees to "required to sit on at least one (1) standing committee."
6. Bylaw 9.10 (iii) (Standing Committees of the SGA/AGE Board-Clubs Committee) is amended from make recommendations to the Finance Committee to: "make recommendations to the Board for funding levels."
7. Bylaw 10.02 (Clubs, Academic and Residence Associations) be stricken and replaced with : To be recognized, an association or residence representative must present official credentials from the department that they represent (ie. From manager of residence or chair of department, or president of the group which they represent.)
8. Bylaw 10.04 (Clubs,

Academic and Residence Associations) be changed from "an agreeable funding scheme shall be established by May 15th of each year," to "who shall be given \$5000 each year, less the office allocation expense as determined by the SGA/AGE and the NSA."

9. Bylaw 10.09 (preamble to Club Funding under Clubs, Academic and Residence Associations) be changed from the Finance to the Clubs Committee. Also Bylaw 10.09 (iii) requires the same change.

10 Bylaw 10.15.1 (Clubs, Academic and Residence Associations) be added (new bylaw). Attendance at the Clubs meetings in September and January is mandatory. Bylaw 10.15.2 When a Club/Association president is unable to attend the meeting, a suitable alternate from the Club/Association shall be named. Bylaw 10.15.3 When a Club/Association is absent from the Clubs meeting without sending in their regrets, an appropriate consequence will be decided by the Clubs Committee.

11. Bylaw 10.16 (Clubs, Academic and Residence Associations) be added (this is a new bylaw) The Professional school associations will submit a letter stating their intentions for the academic year, as well as a contact list for their executive and a follow up budget to actual list of their events before April 30th. Once these submissions have been made, a contract will be signed between the SGA and the professional school associations and the monies (10\$ per student enrolled in the

professional school) will be forwarded in two installments (fall and winter). These funds are forwarded from the university and are not discretionary in nature.

12a. Bylaw 14.03 (x) be ammended to add Special Needs to the list of commissioners.

12b. Bylaw 14.03 (xv) (Duties of the SGA/AGE Executive Members) be amended to remove "and co-ordinate" Native Awareness Week".

13. Bylaw 14.04 (vi) (duties of SGA/AGE Executive Members) be amended to replace Orientation with Frosh Week.

14. Bylaw 15.01 (Duties of other SGA/AGE Board Members and Appointees) be amended throughout the bylaw to replace Francophone Affairs with Bilingual Students'.

15a. Bylaw 15.05 iv and ivv be amended to remove the word 'students of colour' and be replaced with 'student of various ethnic backgrounds'.

15b. Bylaw 15.05 v be amended to remove the word 'colours' and replace with 'various ethnic backgrounds'.

16. Bylaw 16.08 (Finances) be amended from \$250.00 to \$500.00

17. Bylaw 16.08 (Finances) be amended from \$250.00 to \$500.00

18. Bylaw 16.12 (Finances) be introduced- The SGA/AGE annual Charity Ball will benefit the

Sudbury AIDS Hospice.

19. Bylaw 17.02.3 (Salaries and Honoraria) be amended to "From the Monday following the commencement of class until the third Friday in April, the ...paid by honorarium as determined by the Executive Director, with approval by the Executive. The last paycheque for all Executive members shall be withheld until all outstanding reports have been submitted."

20. Bylaw 17.06 (Salaries and Honoraria) be introduced. "Executive Members who are unable to fulfill the entire duration of their contract will resign and the Executive as a whole will decide on an appropriate course of action. This would apply to the summer months when the board is not in place."

21. Bylaw 18.01 (General Elections and General By-Elections) be amended from "shall be held annually on the Wednesday and Thursday two (2) weeks following the spring break to "shall be held annually on the 3rd Wednesday and Thursday of March."

22. Bylaw 18.06 (Nominations and Candidacy for General Elections and General By-Elections) be amended from two (2) weeks before Spring Break to two (2) weeks after spring break

23. Bylaw 18.21 (Polling for General Elections and General By-Elections) be amended to: Polling Stations for the General Elections shall remain open on both polling days from 9h00 until 19h00 at the following locations: (i) SSR/UC/MSR/WEST (student

street or west foyer); (ii) Great Hall Foyer (iii) Huntington University Residence Foyer . Polling stations shall remain open on both polling days from 9h00 until 14h00 at the following polling station: (i) Science II Cafeteria foyer. Polling stations shall remain open on both polling days from 9h00 until 13h00 at the following location: (i) Physical Education Centre foyer Polling Stations for the General Elections shall remain open on Wednesday only of the polling days from 9h00 until 19h00: (i) University of Sudbury Residence and (ii) Thorneloe Residence

24. Bylaw 18.25 (Balloting for General Elections and General By-Elections) be stricken.

25a. Bylaw 18.31 (Election Committee) be amended to add "The Executive Director is a ex-officio, non-voting member of all committees."

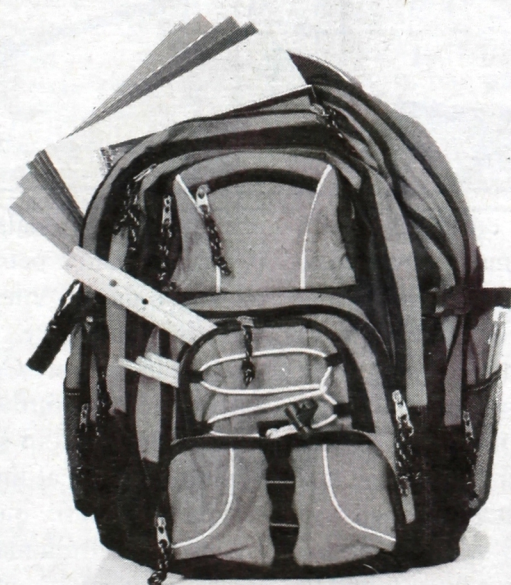
Background: The Executive Director can be called upon to assist any committee with financial or historical matters.

25b. Bylaw 20.07 (Quorum for Board by-elections)-be changed from _ to _ of entire voting membership.

26. Bylaw 24.01 (Constitution and Bylaws) be amended to remove: "Any amendments to the Constitution must be publicly posted and notification of any said amendments must be inserted in the student newspaper after the 1st reading and before ratification at the SGA/AGE Board."

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An Apology to Laurentian Students

Ashley Strange
SGA/AGE President

On January 31st, the SGA/AGE is holding our annual Charity Ball with a new twist. Black Out is the fun new spin on our annual Charity Ball. The theme 'Black Out' was chosen because we have rented black lights, a fog machine, and purchased hundreds of glow stick necklaces for the event.

Unfortunately, in all of the time spent planning the event, we made a slip up with the posters. When we printed the posters, we hastily took the French translation from last year's event, assuming it was correct. The poster had quite a few spelling mistakes in the French section; a mistake that was broadcast on the front page of the French newspaper L'Original déchaîné. This is my public apology for the mistakes on the poster.

When I ran for the executive of the SGA/AGE last year, part of my platform was to ensure that the association work to improve our representation of the many francophone students who are part the SGA/AGE. We have taken steps toward this including getting our constitution translated from English to French.

The Charity Ball event raises money each year for Maison Vale Inco Hospice, Northern Ontario's only AIDS Hospice. Last year's event was a huge success raising \$3,000 for the Hospice. Since its start 8 years ago, Charity Ball has raised over \$20,000 for the Hospice. Our goal this year is to raise \$4000. I apologize for the French mistakes on the poster. I hope that instead of vilifying our association, the francophone students of Laurentian can accept this apology, look past the mistakes on the posters, and help contribute to an amazing cause.

LAWLU Takes on the Supreme Court of Canada.

Submitted by: The LAWLU Executive Council.

Ottawa. Our nation's capitol; the place where the laws that govern the way we live are made, and where court cases that deal with the most important issues of the day are decided. This past week, LAWLU had the privilege of visiting Canada's highest Court and participating in Model Parliament.

Visiting the Supreme Court was quite an experience for those of us in LAWLU. (Laurentian University's Student Law Club) Having read, studied and written about the decisions that are made in its court rooms, those in attendance were truly able to appreciate the rich history present within the building – from the busts of previous Chief Justices, down to the marble pillars in the entrance hall.

Having the opportunity to sit in the same court room where Canada's most distinguished legal professionals exhibit their skills and perform their duties was not only an educational experience, but was also a truly inspiring one.

ICE - 'In Case of Emergency'

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of

numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign. The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As cell(mobile) phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emer-



gency under the name 'ICE' (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency

Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE.'

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You Too Can Soar Like An Eagle

Robert Kirwan

Host of The Learning Clinic
on CKLU 96.7 FM

It's not easy being a university student today. In my practice as an Education and Career Planning Advisor, I come across a lot of young men and women who were once extremely successful and confident while in high school. Everything seemed to be going well for them. The marks were good. They had plenty of support from teachers and parents. And it seemed as if their life's journey was on a road that was smoothly paved and free of potholes.

Then they arrived on campus at university and all of that changed. All of a sudden they were given much more freedom to be responsible for their own decisions and choices. This freedom came with challenges and obstacles that soon made

them realize that their accomplishments of the past may have been largely due to the level of support they received from the key people in their life.

Ultimately, many begin to doubt themselves and wonder if they have what it takes to pursue their original dreams. They soon become their own worse enemy and lose the will to go forward.

The next time you doubt your ability to accomplish your dreams, or you are challenging yourself with your own limiting beliefs, pull out the following story.

Once upon a time, there was a large mountainside, where an eagle's nest rested. The eagle's nest contained four large eagle eggs. One day an earthquake rocked the mountain causing one of the eggs to roll down the mountain, to a chicken farm, located in the valley below. The chickens knew that they must protect and care for the eagle's egg, so an old hen volunteered to nurture and raise the large egg.

One day, the egg hatched and a beautiful eagle was born. Sadly, however, the eagle was raised to be a chicken. Soon, the eagle believed he was nothing more than a chicken. The eagle loved his home and family, but his spirit cried out for more.

While playing a game on the farm one day, the eagle looked to the skies above and noticed a group of mighty eagles soaring in the skies. "Oh," the eagle cried, "I wish I could soar like those birds." The chickens roared with laughter, "You cannot soar with those birds. You are a chicken and chickens do not soar."

The eagle continued star-

ing at his real family up above, dreaming that he could be with them. Each time the eagle would let his dreams be known, he was told it couldn't be done. That is what the eagle learned to believe. The eagle, after time, stopped dreaming and continued to live his life like a chicken. Finally, after a long life as a chicken, the eagle passed away.

It has been said many times that what ever you believe, with conviction, you can achieve. Don't be like the eagle and go through your life listening to the words of a chicken. Take charge of your life and live it to the fullest. You deserve the best! You will become

what you believe you are.

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Have a good week.



**Robert Kirwan B.A. (Math),
M.A. (Education)**

**Independent Education &
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Nova Scotia eliminates \$1 drinks

Danielle Webb
CUP Atlantic Bureau Chief

Jordin Hiemstra doesn't think Nova Scotia's new liquor legislation is the right way to deal with binge drinking and public drunkenness in the province's university towns. "I don't see these laws as being effective at all," said Hiemstra, a student at St. Francis Xavier University in Antigonish, N.S.

On Dec. 19, the province announced that bars could no longer sell beer or alcohol for less than \$2.50 a serving. A serving is defined as 12 ounces of beer, five ounces of wine, or one ounce of spirits. The price increase is an effort to curb public drunkenness and street fighting — especially in university towns — after public outcry over a street brawl outside of Halifax's the Dome bar in December 2007 that saw 38 people arrested. St. FX nursing student Kaileigh Currie believes the minimum price increase is a step in the right direction. "From a health promotion perspective — which is concerned with helping people change their lifestyle — the increase is definitely a posi-

tive move," Currie said. "Additionally, Nova Scotia is not trailblazing here and initiating something completely radical. Nova Scotia is just finally stepping up to protect and promote the health of its citizens, as so many other provinces have already done." Hiemstra disagrees.

"Just because dollar drinks are banned doesn't mean people are going to stop drinking heavily. If people want to get hammered, they are going to do so, regardless of [price]," he said.

"I think it's a poor solution to an issue that the government shouldn't be involved in at all. What prices private institutions choose to sell their goods [are] not the government's business." For Kris MacSween, manager of the St. FX campus bar, the news is welcome. Prior to the price increase, the bar had been struggling to retain patrons as competition offered alcohol for \$1 per serving. "I see the new minimum pricing as a positive step for our community and our campus in particular. It's more-or-less a level playing field now. We can put more emphasis on our pro-

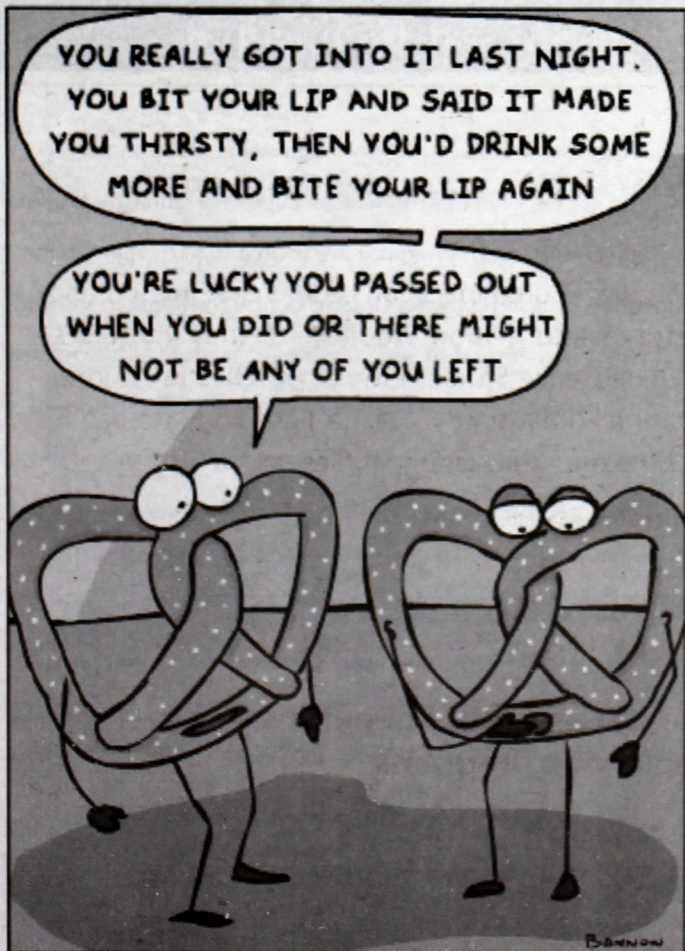
gramming as opposed to what price we are selling our drinks at," said MacSween. MacSween believes that selling servings of alcohol for \$1 did have an impact on business.

"Initially I think the novelty of dollar drinks attracted people, and for students on a budget, there's no arguing with the economics."

"We purposefully chose not to [reduce our prices] because it would have meant cutting student jobs and decreasing the level of security in our bar, not to mention the potential social and legal ramifications," MacSween said.



ANOTHER FIRST DATE ENDS POORLY FOR TODD



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BOND, INSPECTOR GADGET WOULD BE JEALOUS OF CES 2009



**Mustafa
Abdulhusein**
Science &
Tech Editor

30 football fields. Nay, 1.8 million square feet. Nay again – the Las Vegas Convention Center and surrounding hotels and facilities. All jam-packed and absolutely covered in cutting-edge electronics and the world's newest gadgetry. Not just any gadgetry – James Bond and Inspector Gadget would have a tough time keeping up with these. Cue drool.

More than 100,000 technofans from at least 140 countries descended upon Las Vegas from January 7th – 11th for the 2009 International Consumer Electronic Show (CES). For those who live with their techno-thumbs in the sand, the CES is the largest conference devoted to the appreciation of technology in the world. In fact, so many products are unveiled there each year that it would literally take until the next CES to describe every one of them.

The products fall into several categories: audio, gaming, digital imaging, home theatre, home networking, in-vehicle technology, wireless, and emerging technology.

To put the CES into perspec-

tive, remember that over the past 40 years, CES has brought out some of the most recognizable household electronics. For example, the VCR (1970), CD player and camcorder (1981), DVD (1996), HDTV (1998), PVR (1999), plasma TV (2001) and Blu-ray Disc (2003).

By far, the most unique audio gadget was the Nautilus speakers from Bowers and Wilkins. The picture really does not do these flagship speakers justice. The name Nautilus comes from the unique shape of the main chamber of the speaker, which amplifies sound.

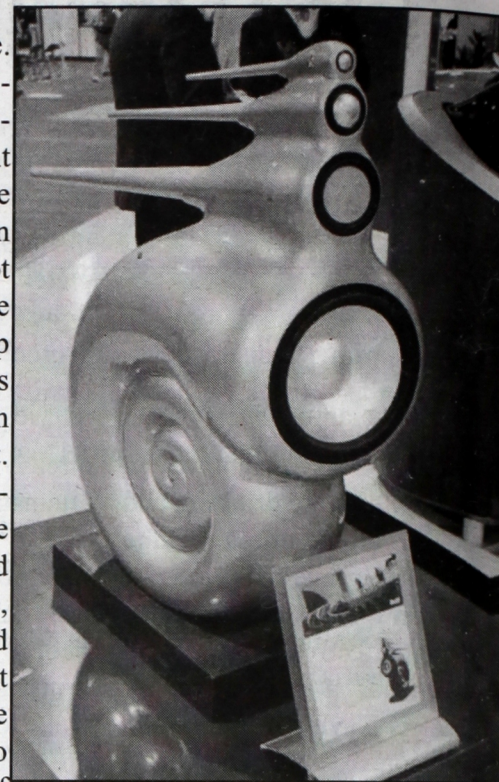
Sony unveiled its new W-series walkman MP3 player at the CES. This new series integrates MP3 playback for the ultra-active music enthusiast. The shape of the headphones themselves is designed to wrap around one's neck. The stability and comfort are still legendary Sony. The result is a great sounding earphone that doesn't feel like you're wearing earplugs. However, the most exciting feature about these headphones isn't the shape but what Sony dubs the ZAP-PIN function. It allows one to skip to the middle of a track, allowing the user to decide if they want to listen to it. Then it plays the selected track from the beginning. Magnets allow the phones to clip together. They will come

in black, white, violet and pink, have about 2GB of internal storage and will cost about \$100 USD when they are released in April.

Another audio nugget from the CES was the Psyko 5.1 Gaming Headphones. These headphones are unique from previous ones on the market and from an actual 5.1 surround sound system because they use individual drivers for each channel. These outdo a normal 5.1 system because they allow each ear to get slightly different sounds based on the position of what's happening in the game. For example, games such as Call of Duty require an enemy to be found, sometimes even when they are not visible. These headphones will allow a gamer to more accurately determine exactly where an enemy is located from the direction the sound is coming from.

The coolest emerging technology I thought at the conference was the Anybot. This is basically a teleconferencing super-gadget. This is as close to actually being someplace one is not as possible. Let me explain. This robot is designed to walk and talk – acting as a conduit for someone who is not

physically there. Imagine this scenario – your professor cannot make it to class because she's on research in France. The Anybot is activated by the professor's laptop and the professor is shown on the screen of the Anybot. Voice is then transmitted through the microphones and cameras. Ofcourse, a school would have to shell out about \$30,000. The Anybot can also perform a range of functions including the ability to lean forward or 'squat'. Finally, the built-in display panel in the Anybot's chest can show any image the remote user chooses to send (from PowerPoint slides, to their photo, even webcam video of themselves). Well, 2,700 exhibitors converged on the city of Las Vegas for the 2009 CES and it was a success, despite the



lagging economy. This conference is like a crystal ball – allowing one to look into the future of technology. This year the showroom had it all, from the world's largest high-definition television, to lay 12-megapixel camera phones or media player the size of a lighter that can store your entire music, photo and video library. Until next time Laurentian!

LUIHS FOOD BASKETS REPEAT SUCCESS

Over the holidays, the Laurentian University Interprofessional Health Society repeated its annual event of the food baskets and gifts to LU families in need. This article is a way to let the LU community know how the project went, and to thank everyone involved in the project – without many of whom the project would not be possible. Here are some facts of interest:

- 39 Laurentian families benefited from this project (which is up from last year's 30), with 80 children receiving gifts and clothing specific to their gender and age
- Each family received 2+ boxes of non-perishables
- Each received a bag of perishables, including milk, bread, and fresh fruit
- Every child was adopted by a member of the LU staff/faculty or a member of the LU community

The people who actually made this project possible – the Laurentian University student and faculty body need to be thanked first and foremost. Their generosity in either supporting the fundraising activities like buying Christmas poinsettias and cacti or by donating food to the SGA/AEF food bank or even by

adopting a child, all helped put this project into reality.

The perishable food was stored at LU, thanks to the good people at Aramark who allowed the use of their fridges.

The rest of the gifts were donated by Laurentian students, staff and friends of the LU community.

Finally, the SGA/AEF allowed the substantial use of the LU food bank, which a majority of the non-perishable food items came from. The perishable items, which tend to be more expensive, were bought from the donations from the Laurentian community. Helping out at Christmas time is great and it is definitely one of the reasons why that time of year is special for so many people. This food basket project has showed us one thing: the Laurentian University Community can be and is very generous. That generosity needs to be carried over into the New Year as the LU food bank is in dire need of donations. All non-perishable food items can be dropped off at the SGA/AEF offices and the LUIHS will be conducting a food drive for the next week.



ONTARIO CENTRE FOR ENGINEERING AND PUBLIC POLICY

Student Essay Competition

Undergraduate and graduate students in any engineering discipline at any Ontario university who are enrolled in Professional Engineers Ontario's Student Membership or Engineering Intern programs are invited to participate in the 2009 Essay Competition sponsored by the Ontario Centre for Engineering and Public Policy (OCEPP). Essays may deal with any subject matter broadly related to engineering and public policy, including but not limited to discussions of technologically-intensive policy areas such as energy, the environment or infrastructure, engineering impacts on particular policy issues, or the interaction of technology and policy. Papers need not be limited to Ontario policy issues, may not be longer than 5000 words, and must be received by the OCEPP by March 31, 2009. The author of the best essay will receive a \$1,000 prize and will be invited to present their paper at the 2009 OCEPP conference.

For further information, visit www.peo.on.ca.

QUANTUM DOTS

Mary Thompson
Lambda Writer

Welcome back to another installment of Quantum Dots where we bring you up to date on some of the advances in science from the past couple of weeks.

A common virus as a potential powerhouse?

Think all viruses are good for is causing disease? Researchers at MIT have genetically engineered a common virus to collect electrically conductive materials, such as cobalt oxide and gold, on its surface. Thin sheets are formed by layering the negatively

charged viruses between oppositely charged polymers. These sheets are then able to act as the anode of a battery. These tiny powerhouses have a higher charge density than everyday batteries due to their high surface area to volume ratio. The genetically engineered viruses can be cloned to produce millions of copies ready to be used in batteries. Eventually the viruses degrade, but the collected metals can be transferred to another surface for continued use. These micro-batteries open up a number of possibilities for battery powered electronics which were impossible to engineer using conventional, regularly sized batteries. Virus-made energy sources could potentially be used to power small mechan-

ical devices—such as medical implants.

Bird brain...Or brainy bird?

The European magpie has recently become the first bird to join the ranks of mammals such as dolphins, elephants and apes that have passed the “mirror test” and are considered to possess a rudimentary sense of self. The mirror test looks at the behaviour of animals faced with their own image in a mirror. Usually, a mark is placed on the animal such that it can only be seen in the mirror image. In this case, yellow stickers were placed below the magpies’ beaks and the birds were then presented with a mirror. The magpies attempted to get rid

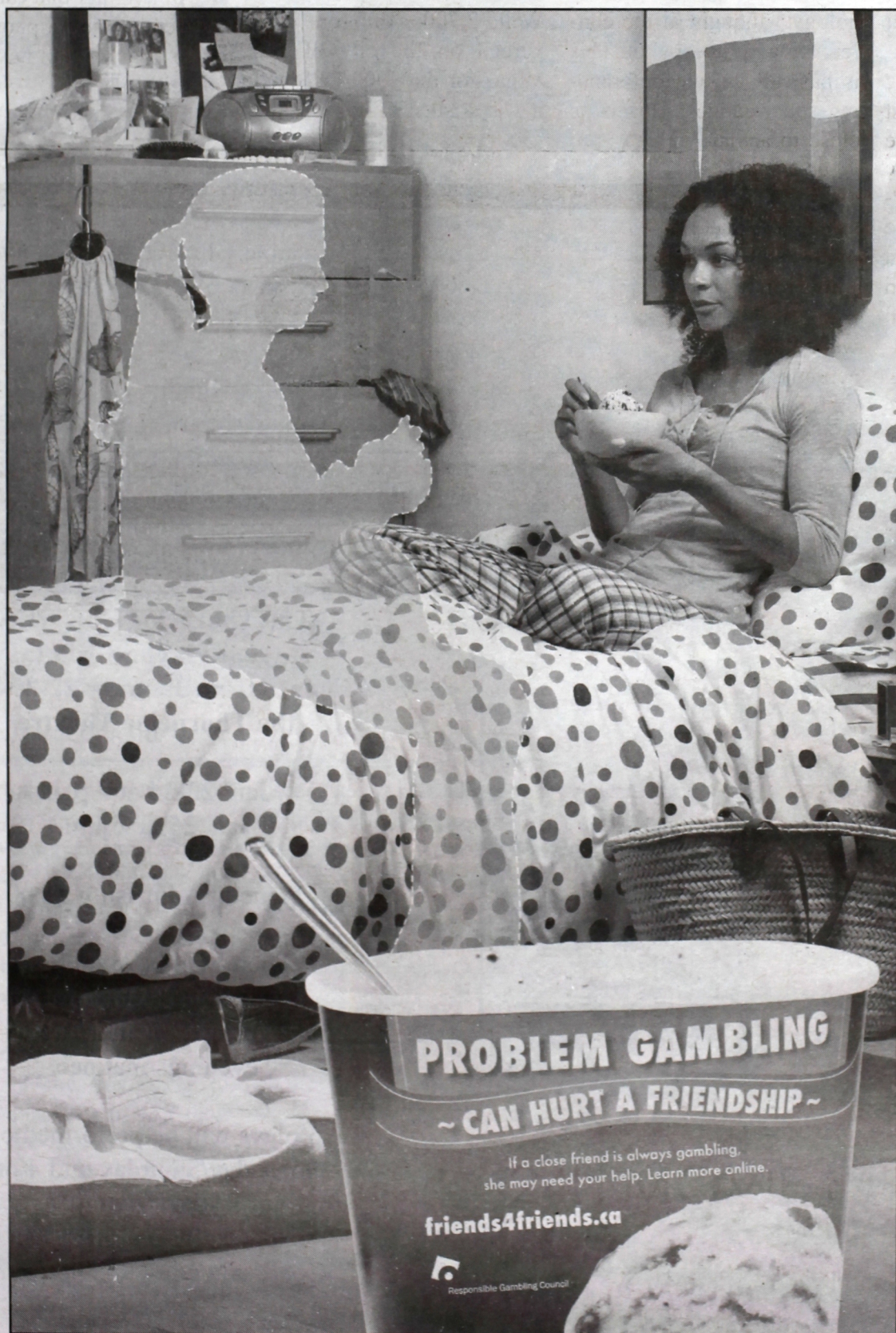
Bird Brains, Viruses, and Coffee Fuel

of the yellow sticker if they could see it in the mirror. A black sticker—camouflaged against the magpie’s dark feathers—was ignored, as was a yellow sticker if the magpies could not see it via the mirror. This mirror-induced behaviour indicates the birds were able to recognize their reflection. Magpies were chosen for this study because, along with other birds in the same family like crows and ravens, they are known for their intelligence and use of tools.

Coffee could fuel not just your body...but your ride too

All those waste coffee grounds left behind when you order your favourite pick-me-up have the poten-

tial to be a low-cost and abundant source of biodiesel fuel to power cars. Spent coffee grounds contain similar amounts of oil as traditional biodiesel feedstock such as rapeseed, palm seeds and soy beans. Most of the grounds from coffee shops and homes end up in the garbage or are used as compost but scientists in Nevada are estimating that the waste from coffee products could increase biodiesel fuel supplies by 340 million gallons. Fuel produced from waste coffee grounds was more stable than traditional biodiesel fuel, is relatively inexpensive and smells like java. So, is your car a large black coffee or a venti espresso macchiato with steamed milk?



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Articles can be opinion, factual, event, or any other material you think the Laurentian University community would be interested in reading!



The Pub Downunder

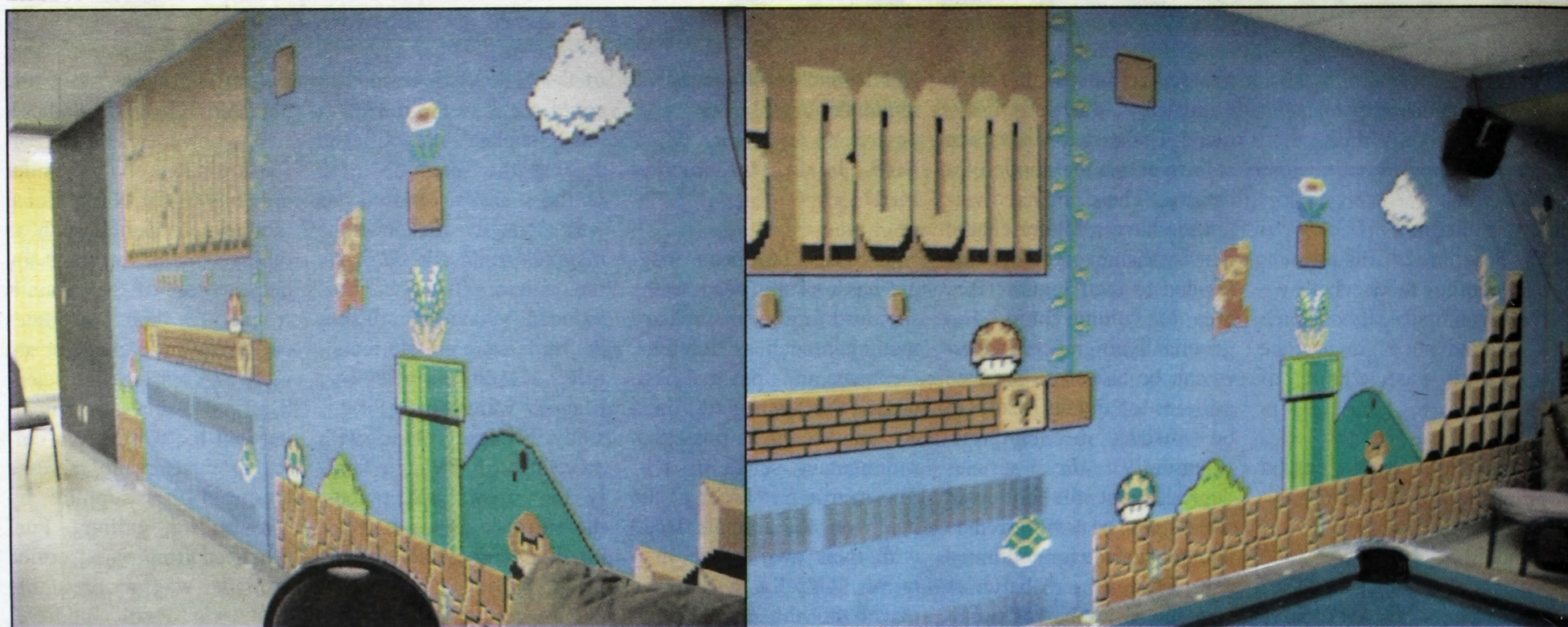
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Thursday 11:30am to 2am
Friday 11:30am to 2am
Saturday 9pm to 2am



LU Games Room Mural - Mario Bros



Here is a painting of a screenshot from the first level of Super Mario Bros in the Games Room. Painted by: Vanessa Charette, Amber-Lee and 15 other volunteers including Yan Yeung, Callan Rogers, Jeff Pagnutti, Veronica Charette, and Eric Kingsley.

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Presentation by the Candidates for the Director of Library and Archives

The Selection Committee invites you to a presentation by the candidates for the Director of Library and Archives. The presentations will be held as follows:

Leanne Clendening - Friday, February 6th, 2009 from 12 - 1 in the Brenda Wallace Reading Room

The Candidates will present their vision of the Library at Laurentian University.

A question and answer period will follow.

The Thorneloe University Student PlayFest will take place from January 22-25 in the Thorneloe Theatre.

Jan. 22-24 at 7 p.m.
Jan. 25 at 2 p.m.

General Admission \$5.00

There will be 9 student-directed one-act plays performed on alternate evenings/matinee.

5 plays will be performed on Thursday/Saturday and 4 on Friday/Sunday.

Come and enjoy the performances.

Jacqueline
Miller

Arts & Entertain-
ment Editor

Idol-Mania Drew Wright, Mitch MacDonald and Theo Tams perform at Laurentian University

With the way that the Idol phenomenon swept into Canada a few years ago, it is no surprise that the competition is still going strong. Many Canadians refer to it as their "summer show" and it does give us something to watch when every other station is playing reruns. The talent that has appeared on this show often exceeds the audience's expectations; it always seems as if there is that one person that you never quite expect to make it very far, who ends up surprising everyone with what they can do when they put their mind to it. You truly do see the competitors grow as

Centre and the theatre was absolutely full of fans from Greater Sudbury and several other towns. Looking at the audience, it was a little surprising to see how many young children were there, but the Idols had taken this into consideration, and throughout the show they would invite them to the front to come and dance and sing with them. Of course, everybody loved that (except perhaps the people in the first few rows who had dozens of children in front of them) and the kids were so enthusiastic about it. The show started off with a song by all three of the Idols, and then each Idol performed

he cracked several jokes and talked to the audience.

Before the show has started, many audience members had purchased souvenir t-shirts or posters just outside the auditorium, and every time on of the Idols came on stage, it was easy to see who was a fan as they would stand up and start cheering, usually while wearing one of the t-shirts. There was some serious fan dedication happening in the auditorium that night. As they

kept us entertained with songs and jokes – particularly as Theo Tams apologized for his lack of dance skills, which had nearly gotten him kicked off the show because the votes were so low that week – time seemed to go by incredibly quickly. Drew Wright and Mitch MacDonald performed a duet together, and after everyone had their solo set, all three of them came back to the stage again to perform together. Again the audience was invited to the front if they wanted, and as the Idols sang their rendition of "All These Things That I've Done" by The Killers they tried to greet as many fans who had come to the front as possible, and even let several young fans sing along with them, all of whom appeared to be natural-born performers as they did not hesitate to belt it out right alongside the Idols.

Drew Wright also came back to perform one last song, because as he explained the last song was always saved for whoever was closest to home, and his hometown of Collingwood



Jacqueline Miller

Theo Tams

is only a few hours away. At the end of the show, which came far too soon, the Idols were taken to a small room above the auditorium, and whoever had an Idol Gold Ticket was taken up to the same room to have the chance to meet them and get an autograph.

They were all incredibly friendly and very eager to meet all of the fans. They took a few minutes with everyone, talking to them, signing autographs and taking photos.

It was a highly entertaining evening and enjoyed by everyone who attended. The atmosphere was very open and friendly and there was definitely a connection

between the three Idols and the audience. Let's hope that the next time there is an Idol tour they head back to Sudbury again because it was a great show and tours like this don't always make it to Sudbury.



Jacqueline Miller

Mitch MacDonald

singers and performers and cheer for your favourite one. The voting becomes truly intense as you get closer and closer to the end of the show, and it is the final show that is most interesting to watch as you find out who Canada has voted the best, and their favourite.

Back in the beginning of December, as a part of their tour, the top 3 Canadian Idols of 2008 came to Sudbury, and performed in the Fraser Auditorium here at Laurentian. It was organized through the Sudbury Theatre

a set of about half an hour in the order they had been eliminated from the show – Drew Wright was first to perform, followed by Mitch MacDonald and Theo Tams. The screams from the audience as each performer entered or left the stage was completely deafening. They all performed songs from the show, as well as some other personal favourites for us. All of them were good at connecting with the audience, though it seemed that Mitch MacDonald was the most comfortable on stage as



Jacqueline Miller

Drew Wright

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Symphony of Unlikely Sounds

Jacqueline Miller

Arts & Entertainment Editor

When someone mentions that a musical duo is going to be performing soon and asks if you would like to go, I can almost guarantee that your first thought is never that you are going to be seeing a saxophone and an accordion on stage. And yet this is where I found myself last Wednesday evening, sitting in an auditorium at Cambrian College, and waiting to see how a saxophone and an accordion would sound together.

After being introduced by Robert Lemay, the president and artistic director of 5-Penny New Music Concerts, David Mott and Joseph Petric took to the stage. Mott and Petric were colleagues in the 1980s, and it was in 1994 that Petric approached Mott with the idea of creating a duet. Erosonic loves to meld and merge styles from across the spectrum, has performed across Canada, released a CD entitled *Mystery Theatre* and is planning to release a CD in 2009 featuring the *Music of Fragrance and Taste* (one of their staged productions).

Concert accordionist Joseph Petric has been inspiring audiences worldwide since 1986. He was the first accordionist to offer European and North American debuts, and has performed solo debuts in London, Budapest, Paris, New York, Copenhagen and Oslo as well. He has been nominated for Juno and Prix Opus awards and was inducted as a Friend of Canadian Music by his peers in 2005.

David Mott is a composer and improviser in both new classical music and jazz for the baritone saxophone. He has created a large repertoire of solo baritone saxophone compositions which has caused one critic to hail him as "the Chopin of the baritone saxophone" and has received Juno nominations and awards for his solo and orchestral performances.

The show featured many pieces by the duo, as well as two solos by Mott and one by Petric. At first, the two instruments do not seem to mix at all, but as you start listening you realize how similar they actually sound and how well

they mesh and harmonize with each other. They started off with a piece called "Logical Conclusions" followed by a piece called "Mystery Theatre" which is reminiscent of radio plays. Indeed, as you listen to it, you can form pictures and a story in your mind as the saxophone and accordion weave and wind their way through the piece, taking full advantage of the opportunity for improvisation. As you sit in the audience you know that you are the only people who are going to hear it in this specific incarnation, as that is the nature of improvisation, that it can never be duplicated completely.

"Adrift" and "Regarding Starlight" were both composed by Mott, and inspired by nature. "Adrift" came about after a canoeing trip when, after a foggy morning, he saw opalescent arcs in the sky. "Regarding Starlight" comes out of his appreciation for a clear, star-filled night in the country. "Adrift" had a very specific rhythm, like that of paddlers in a canoe, and had a jaunty feel to it. It felt like you were experiencing something completely new, and the last notes were very reluctant, as was the audience to leave the song. "Regarding Starlight" was a solo by Mott, and I have to say that I had no idea a baritone saxophone could be so quiet. The piece held the same type of reverence that one feels on that silent night, staring up at the stars.

One of the highlights of the show was "Orbiting Gardens" which was a solo by Petric. The range of the accordion is astonishing, and the track behind it of random noises and a single voice just melded so well, it seemed like the song could go on forever and never repeat itself. The piece was originally written for a piano, but was rewritten for Petric to play on the accordion, and with the music in the background it almost seems as if it is one instrument that is creating all of the sounds.

This is one of the biggest reasons to take chances, because this is not something I would ever picture myself attending, but it was an incredible experience and I can't imagine thinking of another time when I will ever get to experience something like that.

Rachel Getting Married

I recently had the opportunity to view the media screening of this movie '*Rachel Getting Married*'. This movie was very interesting. It did not follow the generic pattern of antagonist vs. protagonist. Unlike most movies I have viewed *Rachel Getting Married* was real. There were no 30-year-old models playing teenagers, perfect situations down to the last detail, and a happy ending. Instead it was a real story about family problems and marriage. The movie title is most of the introduction, while having other smaller character developments through Rachel's Mother and Sister (played by Anne Hathaway) and all the family problems that happen to everyday people, but despite all the issues in the family, they still overcome all the drawbacks and have a wedding as planned. This movie is different and if you are curious about the movie I would suggest it as a movie to place on your viewing list.

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An Illuminating Evening

Wide-eyed audience enjoys avant-garde reading

Jacqueline Miller

Arts & Entertainment Editor

As part of the Luminaries Reading Series organized by the English Arts Society, a.rawlings, a poet, editor and multidisciplinary artist, came to Laurentian University on January 9th to read from her book, *Wide slumber for Lepidopterists* in the Brenda Wallace Reading Room, answer questions, and sign books for anyone who wanted to purchase them.

Wide slumber for Lepidopterists is the first book that she has published, and she has also co-edited the avant-garde *Shift & Switch: New Canadian Poetry*, an anthology of experimental Canadian poetry. She is currently working on material for her second book, *EFHILMNORSTUVWY* as well as a new (as she calls it) chapbook, *ljó_apoems*.

Originally from Sault Ste. Marie, a.rawlings attended York University and received the bpNichol Award for Distinction in Writing when she graduated, and is now located in Toronto. *Wide slumber* took nearly 6 years to complete, and started when she wrote the phrase "wide slumber for lepi-

dopterists" during a free poetry session. The phrase stayed with her until she started writing, exploring how people think and dream, and the notion that what you think before you go to sleep affects how you dream and what you dream about. A lepidopterist is someone who studies butterflies and moths, and you can see that directly related in the poems and the artwork contained in the book.

*"Pins through epidermis
a wall, a tooth*

*Place specimen under
lamp to increase drying
time.*

*tsniaga
tsurht rotcelloc a#tilps#
tips nehT*

*a moth with
barbed spines*

vulva, uvula

Book, or laboratory? Reader, or specimen?

Wide slumber for lepidopterists is a poetic fantasia, a disorienting yet compelling dreamscape of butterflies and caterpillars and killing jars, where the waking mind's prose transforms into the sleeper's poetry. Each poem unfolds with precision, tracking the stages of sleep and pairing them with the life cycle of *Lepidopterae*. Insomnia is mirrored in the birth of the egg, narcolepsy



Jacqueline Miller

in larval hatching. And when the caterpillar starts its final moult, dreams begin, weaving around us as tightly as a cocoon until we are somnambulant, a chrysalis ready to emerge as a moth." This is just a sample of the book and a small account of what it is like to read it, as can be found on the Coach House Books website at http://chbooks.com/catalogue/wide_slumber_lepidopterists, as well as many reviews of the book and the readings that a.rawlings has performed around the country.

Wide slumber was also performed at Harbourfront Centre's Hatch series in Toronto in 2006, directed and produced by Theatre Commutiny with a page-to-stage translation. What happens when a person, obsessed with a subject, dreams at night; does the subject matter affect how she thinks, how she dreams, how her body processes information? If a poet writes poems during sleep, how might a lepidopterist work while she sleeps? What effect does intimate examination of insects have on long-term information processing and subconscious behaviour? *Wide slumber for lepidopterists* explores these questions through a

dynamic combination of sound, movement, and visual art. (As found on Theatre Commutiny's website, www.commutiny.net). The show contained three performers, including a.rawlings, and featured a conceptual design by Matt Ceolin who also did the design for the book.

After having read her book and seen her perform it – because it was much more of a performance than just a simple poetry reading – I believe that seeing her work performed brings a lot more meaning to the words. It helps you to imagine how it should sound when you are reading it. The words come to life and jump off the page at you, at times demanding your attention, while at other times you have to pull the words out slowly as you try to make sense of all the meanings hidden there.

After a thoroughly enjoyable and compelling reading, complete with refreshments and book signings, the night drew to a close as people stayed to talk about the reading and the poems, and also to look at the Quills journal, created and produced by the English Arts Society and full of works by Laurentian students. After hearing and reading the work of such a

professional writer, it was inspiring to see work by fellow students and see how interesting and engaging it was.

The English Arts Society of Laurentian University would be proud to introduce to you *iLLUision*; our freelance student-run literary and art journal. Founded in the spring of 2007 as the online journal Quills, our journal has evolved into a hardcopy we call *iLLUision*.

We would like to extend an invitation to all students, professors, alumni and staff of all programs at Laurentian to submit their best original work. This includes all forms of poetry, prose, articles, reviews, stories, monologues, paintings, photography, essays, sheet music, and anything else you can print on paper! Please limit all literature to a maximum of 1500 words, and that they are a doc, docx, or rtf format. Please do not insert text into the body of the email. All image submissions should be a jpeg, bmp or gif format and properly titled.

If you would like to contribute to this year's literary journal, *iLLUision*, you can email submissions to illusion@laurentian.ca. The deadline for submissions is February 15th 2009.



Toronto's Terrible Sports Franchises Under-achieving As Usual



Nicholas Ruscitti

Sports Editor

Coming into this season, the expectations put on the Toronto Raptors were for them to make the playoffs and advance past the first round. With the team they have on paper, these expectations were fairly realistic. Now half way into the season, the Raptors sit at 16-25, 13th in the Eastern Conference. The team has underachieved rather significantly, to the point where President and General Manager Bryan Colangelo must pull the trigger. With the playoffs fading quickly, it is time for a big shake up for the Raptors roster. Jermaine O'Neal, the \$23 million dollar man who was brought over in the off-season for disgruntled point guard "Me-Jay Ford", big man Rasho Nesterovic, and a first round pick, has struggled to find his game on a consistent basis. Riddled with knee injuries that have plagued him in the past, O'Neal has missed a large portion of the Raptors games this season. The experiment of joining O'Neal with fellow all-star Chris Bosh, has not worked out. Couple that with the fact Jose Calderon has also missed significant time this year has only hurt the Raptors. His high basketball IQ, and his knack for making the right plays, has been dearly missed.

Recent rumors have surfaced that Bryan Colangelo is in talks with teams around the league about a blockbuster trade. If the raptors continue to play at this level, a big shake-up will look to be inevitable. In my opinion, anyone with the exception of Jose Calderon is tradable on the Raptors. With Chris Bosh's expiring contract after next season, as

well as Andrea Bargnani's recent exceptional play, these two big men are becoming more attractive to other teams. I know many will disagree, but I feel as though Chirs Bosh fails to execute down the stretch, and rarely comes through in clutch situations. There is no doubt he is of all-star caliber, but I still see improvements in his game. Two other players that are under-performing are small forward Jamario Moon, and guard Anthony Parker. Moon has to have the lowest IQ of any player in the league (he failed to graduate from Meridian Community College) and makes key mental mistakes game after game. The "Harlem Globetrotter" experiment did not work, and I feel as though he should be back in a colorful striped uniform, spinning basketballs on his finger and entertaining the crowd with his ridiculous antics. Meanwhile, Anthony Parker is turning the ripe old age of 35 this year, and it shows. Along with Moon, he makes mental errors every game, and turns the ball over in key situations. He had two solid years with Toronto, but his age is catching up with him. The Raptors are approaching Maple Leafs status, and it's hard to swallow as a die-hard fan.

Speaking of the blue and white, they blew a 3-0 lead to the Atlanta Thrashers tonight. I am beyond frustration with this team, but I guess every win is a loss at this point. With John Tavares and Victor Hedman being the clear-cut top two draft picks for the upcoming draft, the Leafs are on pace to get a high pick with their recent play (1-9 in their last ten). Brian Burke was brought over mid-season to reshape the look of this franchise, and major deals should be made before the trade deadline in March. The Leafs have a roster



that usually competes hard and shows hustle, however, they lack talent up front to compete in their conference. The rebuilding mode started in last year's draft when they drafted Luke Schenn 5th overall, signaling that a youth movement is finally in place. The Maple Leafs finally bought into the fact that the post-lockout brand of hockey is more fast-paced and a higher skilled game. The Leafs have shown some bright spots this year, with players like Schenn, along with Mikhail Grabovski and Nikolai Kulemin who have shown promise heading into the future. All is not lost with the Leafs, the personnel has been put into place in the front office. However, it will probably take another 2-3 years

before we see the leafs as a serious contenders once again.

Rounding out the major sports teams in Toronto is in the Toronto Blue Jays. The Jays finished last year with an 86-76 record, which was good enough for 4th in their division, and well out of a playoff spot. The Jays overall had a decent, yet underachieving season. Last year they had a payroll of roughly \$97 million, which is in the upper end of payrolls in the league. The Tampa Bay Devil Rays, who made it to the World Series, had a payroll of \$25 million. This shows that any team is capable of being a playoff team, something the Jays have not enjoyed since their 1993 World Series Championship. This upcoming year, the Jays payroll

has dropped to \$84 million due to the weaker Canadian dollar. Also, they lost their second best pitcher in AJ Burnett to free agency in the off-season. Another starting pitcher, Shaun Marcum is out for the whole year with injury, and Dustin McGowan is out until at least May. The Jays could be very frustrating again this year.

It seems that there is not much to look forward to with Toronto sports teams these days. A Toronto major sporting team has not won a playoff series since 2003, and it seems that they all underachieve every year. I am afraid I might be in a retirement home sipping out of a straw by the time I see a Toronto team win a championship again.

\$7.00 IN ADVANCE **SPAD/SGA PRESENTS** **\$10.00 AT THE DOOR**

2009 SUPER BOWL PARTY

SUNDAY, FEBRUARY 1ST, 2009
2:00PM HUNTINGTON SOCIAL CENTRE

SUPER BOWL XLIII

LLBO LICENSED XBOX 360 MADDEN BOWL

GREAT PRIZES

KICK OFF 6:00PM



Memorable Sports Moments 2008

Nicholas Ruscitti
Sports Editor

Usain Bolt wins the 100 Meter Dash (Beijing Olympics):

The highly anticipated 100 Meter Dash in Beijing certainly did not disappoint. Usain Bolt blew away the rest of the competition and crushed his previous world record (9.72) finishing with a stunning 9.69. This will certainly go down as one of the greatest Olympic moments of all time and one of the most amazing individual performances in sports history. Perhaps the most amazing part of this incredible performance is the fact that he slowed down over the last 20 meters of the race to celebrate the victory and still managed to crush the world record. The anticipation will surely be mounting the next time Bolt takes to the track.

Micheal Phelps wins 8 Gold Medals (Beijing Olympics): It is no secret that Michael Phelps is one of the greatest athletes in the world, but when he announced that his goal was to win 8 gold medals at the Beijing Olympics it was hard not to doubt this possibility. Not only did Phelps keep his

word, he crushed the competition and set a world record in 7 of his 8 gold medal races. This has never been done before in swimming or any other event in the Olympics. This is definitely a memorable moment for sports in 2008.

New York says Goodbye to Yankee Stadium:

I, as many before me have had the privilege to witness a baseball game at Yankee Stadium. For me it was a game in early August against the LA Angels, and for someone growing up in the Toronto area it was amazing to see so many people in one building share "Leaf-Nation" like passion for their beloved Yankees. This past season marked the end of Yankee stadium, as the Yankees will be playing in a new stadium next season. It marks the end of a building that holds so many historical moments and memories. This is why I feel it should be included in my list of memorable sports moments of 2008.

New York Giants win Superbowl:

2008 was a record breaking season for the New England Patriots who enjoyed an undefeated season and sailed through the preliminary rounds of the playoffs. Too



bad for the Patriots that the New York Giants didn't care how many records the Pats broke in 2008. They just flat out played the perfect game and crushed the hopes and dreams of many boastful Patriots fans. Wasn't it great!

Changing of the guards at Wimbledon:

For the past 10 years Roger Federer has dominated the infamous Wimbledon grass court, and in fact he has won the last five Wimbledon championships. Until Now! Ever since Rafeal Nadal stepped on the scene, him and Federer have battled head-to-head on numerous occasions. The only problem

for Nadal is that he can't beat Federer at Wimbledon. This year, tennis fans witnessed quite possibly the most exciting tennis match of all time. And when all was said and done Nadal came out on top. The struggle at Wimbledon has ended for Nadal.

The Dream Team is Back:

After the USA men's basketball team failed to bring home the gold medal in the 2002 FIBA world championships, the 2004 Athens Olympics and the 2006 World Championships, the "Dream Team" is finally back. The USA men's team defeated the defending world champions Spain in the

Olympic final to put the US back on top.

Celtics win the NBA Finals: After a series of disappointing seasons in Boston, Kevin Garnett and Ray Allen were brought to the team to try to spark the under performing team. This in addition to Paul Peirce getting back on track led the Celtics to their best season in franchise history and an NBA championship. Some controversy was made when the Celtics championship banner read "World Champions". The current title belongs to Spain for their world championship win in 2006. Minor details... a memorable sports moment none the less.

2009 SPAD/SGA Super Bowl

It's that time of year again, the most anticipated sporting event has arrived with Super Bowl XLII ready to kick off at Raymond James Stadium in Tampa Bay, FL. SPAD & the SGA want you to join them for the annual SPAD/SGA Super Bowl Party at the Huntington Social Center (Benders) on Sunday, February 1st starting at 2:00pm. Kick-off is 6:00pm.

There are plenty of prizes to be given away including a Grand Prize that consists of two lower bowl tickets to see the Toronto Maple Leafs take on the New York Islanders on Wednesday, March 10th at the ACC. Also included is one night accommodation. Other prizes include a 19 inch high def TV, an IPOD, a portable DVD player, as well as autographed NFL swag from your favourite team!

Tickets are \$7 and are going fast so get them now from West-305 or the SPAD & SGA offices. Tables will be set up outside the Great

Hall and in West Residence during the week preceding the event. This is an all age's event with beer being available to those 19+. Valid photo ID is required!

For those of you who are under the age of 19, there will be plenty of other refreshments available for purchase. Pizza and other snacks will also be served.

Also, for the first time ever, SPAD is proud to present the Xbox 360 Madden Bowl. Take on your friends in a Madden 2009 Tournament (prior to the game) for a chance to win great prizes. Sign-up is available by emailing a committee member or at one of the aforementioned ticket sales locations. Spots are limited so sign-up now! There will be a number of other games going on throughout the event including trivia, football throw, and real time football pick'em and win fantasy!

For more information, don't hesitate to contact us at either one of the following:

Robert Adams
(rz_adams@laurentian.ca)
Scotty Campbell (rs_campbell@laurentian.ca)
Jan Egert (jx_egert@laurentian.ca)
Mike Kloepper
(mx_kloepper@laurentian.ca)
Shawn Stephenson (sy_stephenson@laurentian.ca)

Dayna Hooper
Intramural Badminton
Convenor

Are you someone who is interested in having a ton of fun, meeting lots of new people, and winning prizes? If so, then the Intramural COED Badminton League is for you! This league will begin February 23 and will finish March 11, 2009. Games will

Intramural Co-Ed Badminton League

be run on Monday and Wednesday nights from 9 p.m to midnight and will take place in the BenAvery Gymnasium. The cost per each doubles team is \$4.00, and registration will be held on

Monday, February 2, 2009 and will run till Friday, February 6, 2009 in the Department of Active Living Office from 9:00 am to 4:00 pm.

Laurentian University students are eligible to play in the Intramural Doubles Badminton League. Each doubles team may consist of either two men, two

women, or a mixed team. Please bring your own racket. If needed you can sign one out at the equipment desk..... numbers are limited.

If you have any questions regarding registration or any other inquiries please feel free to email either dk_hooper@laurentian.ca or jx_easby@laurentian.ca or call the Department of Active Living Office at extension 1018 or 1082.

If you're looking for something to do in order to unwind all the stress of school work, come join our league for a smashing good time!

LADY VEES POST 2-1 RECORD WHILE VOYAGUEURS STRUGGLE IN FIRST VARSITY BONSPIEL

The Laurentian Voyageurs and Lady Vees curling rinks completed their first ever OUA tournament as an official varsity sport over the week-end and although results were not as they would have hoped for, they were competitive in every game. The women's rink posted a 2-1 record over the two day event held in Kitchener, Ontario on January 17 and 18, while the men were a disappointing 0-3.

The women's team consisting of Kim Curtin (Lindsay, Ont.), Jenny Gates (Sudbury, Ont.), Amanda Gates (Sudbury), Vanessa Maloney (Sudbury) Renn James (Kleinburg, Ont.) and Joelle Boulanger (Mattawa, Ont.) routed the University of Toronto rink its opener 11-2, playing only five of a scheduled eight ends on Saturday afternoon. In a quick turnaround the Lady Vees were back on the ice Saturday night as they faced the Trent Excalibur. The Lady Vees shuffled their line-up around in order to allow everyone to be potentially eligible for the OUA Championships. Unfortunately the shuffle didn't work as the Laurentian was on the short end of an 8-3 score. Sunday morning was the third game in less than 24 hours for the Laurentian curlers. It was a match they controlled from the get-go and came out on top of the Queen's

Gaels 8-3 in seven ends. On the men's side, the Voyageurs were part of three nail bitters, coming up short in each game. The rink which consisted of Ian Dickie (Bracebridge, Ont.), Ryan Lafraniere (Sudbury), Tyler Stewart (Timmins, Ont.), Matthew Mann (Renfrew, Ont.), and Thomas Matheson (Listowel, Ont.) fell in an extra end, 6-5, to the University of Toronto Blues on Saturday afternoon. They followed that up with an 8-3 loss to Trent on Saturday night, a game the score does not do justice as it came down to the final rock. Sunday morning the Queen's Gaels got the better of the Voyageurs by a final of 9-6, again on the final stone.

"Despite the records, Laurentian performed well, we were competitive in every game," said head coach Jan Pula. "One break in any of the games and the men could have been 3-0, they really battled hard. The women's rink has a bit of an advantage as three of the team members have played together for more than three years."

The Laurentian curlers will return to the Idylwyld Golf and Country Club to fine tune before they head to St. Catharine's, Ontario to play in the OUA Crossovers, hosted by Brock from January 30 to February 1.

VOYAGEURS SWARMED BY RAVENS; 110-58

The Laurentian Voyageurs Men's Basketball team looked to start off their 2009 home season with an upset over the Carleton Ravens. With an impressive upset over the third ranked, Windsor Lancers earlier in the season, the Voyageurs were hoping to recapture some of that glory. Unfortunately, it was not to be, as the Ravens proved why they are tops in the nation. Despite strong efforts from Georges Serrese, and Matas Tirilis, who put up 11 points and Paul Kovacs, who chipped in with nine, Carleton toppled the Voyageurs, 110 - 58.

The opening quarter started off at a furious pace, with Carleton's Michael Kenny (Ottawa) kicking things off with a deep three pointer, which was quickly answered by Kovacs' (Barrie, Ont.) fade away jumper. The two sides would continue to trade baskets for a short period, until Kevin McCleery (Ottawa) took over for the Ravens. While Kovacs continued to shoot well, McCleery and the Ravens dominated the boards, leading them on several small runs, including a 10-5 run to close out the frame.

The second quarter saw more of the same rebounding dominance from Carleton, who continued to pick up second chance points in the paint, while shooting 31% from three point territory. Carleton's precision ball movement had the Voyageurs running around on defense, causing

them to get in to foul trouble, and putting Carleton on the line for more easy buckets. As solid as the Raven offense was, their play on the defensive end was equally impressive, forcing a number of Laurentian turnovers. As a result, Carleton opened up an 24 point lead, while Laurentian went ice cold, until Tirilis (Mississauga, Ont.) converted from beyond the arc for three of his 11 points, to stem the bleeding. At half time, the Ravens had opened up a 62 - 30 lead.

In the final half, Laurentian would continue to battle, however the Ravens continued to pull further ahead. Carleton would continue to clean up rebounds, and put back easy buckets in the paint, as well as continue with their solid perimeter shooting. Rookie, Georges Serrese (Sudbury, Ont.), and sophomore, David Otterbein (London, Ont.) lead the Voyageurs throughout most of the second half, with high intensity play at both ends of the court. While the Voyageurs continued to fight to the final buzzer, it would not be enough, as the nation's best would come out on top, 110 - 58, with McCleery picking up a game high 25 points.

The Laurentian men will have no time to lick their wounds, as they will face Canada's second ranked team, the Ottawa Gee Gee's on Saturday evening. Tip off is scheduled for 8:00 p.m. at the Ben Avery Gymnasium.

Training Room, Track & Sauna

Monday to Thursday ... 6:00am to 11:00pm
Friday 6:00am to 10:00pm
Saturday 6:30am to 10:00pm
Sunday 7:00am to 10:00pm

Climbing Wall - TBA



Salle d'entraînement, Piste et saunas

Lundi au jeudi 6 h à 21 h
Vendredi 6 h à 20 h
Samedi 6 h 30 à 20 h
Dimanche 7 h à 20 h

Mur d'escalade - à communiquer



January 2009

Jeno Tihanyi Olympic Gold Pool

Sunday-Dimanche	Monday-Lundi	Tuesday-Mardi	Wednesday-Mercredi	Thursday-Jeudi	Friday-Vendredi	Saturday-Samedi
					1 2 1:00pm - 3:00pm 6:00pm - 8:00pm	3 1:00pm-4:00pm
4 1:00pm-4:00pm	5 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	6 11:30am- 1:00pm 3:00pm - 5:00pm	7 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	8 11:30am- 1:00pm 3:00pm - 5:00pm	9 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	10 1:00pm-3:00pm 6:30pm-8:30pm
11 1:00pm-3:00pm 6:30pm-8:30pm	12 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	13 11:30am- 1:00pm 3:00pm - 5:00pm	14 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	15 11:30am- 1:00pm 3:00pm - 5:00pm	16 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	17 1:00pm-3:00pm 6:30pm-8:30pm
18 1:00pm-3:00pm 6:30pm-8:30pm	19 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	20 11:30am- 1:00pm 3:00pm - 5:00pm	21 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	22 11:30am- 1:00pm 3:00pm - 5:00pm	23 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	24 1:00pm-3:00pm 6:30pm-8:30pm
25 1:00pm-3:00pm 6:30pm-8:30pm	26 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	27 1:00pm - 3:00pm 6:00pm - 8:00pm	28 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	29 11:30am- 1:00pm 3:00pm - 5:00pm	30 11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	31 1:00pm-3:00pm 6:30pm-8:30pm

Janvier 2009

Piscine d'or olympique Jeno Tihanyi

Laurentian Radio



Sudbury's Only Real Alternative Radio CKLU 96.7FM schedule

MONDAY	
YBTB	7:30-9:00am
Diary of an Everything Addict	9:00-11:00am
Andy Travis Top 30	11:00am-2:00pm
The Vibe	2:00-4:00pm
Cambrian	4:00-5:00pm
SGA News & Tunes	5:00-6:00pm
Learning Clinic	6:00-8:00pm
Restaurant at the end of the universe	8:00-10:00pm
Non-sequitur radio	10:00pm-2:00am
Tuesday	
The Flow	7:30-9:30am
Focus Sharon	9:30-11:30am
The Empty Spaces	11:30-1:00pm
Barry Champlain	1:00-3:00pm
The Gap Junction	3:00-4:00pm
Miller Time/LAMBDA	4:00-6:00pm
SECKS on the Radio	8:00-10:00pm
The Show Supag & Turtle	10:00-12:00pm
It's The Limit	12:00-2:30pm
Wednesday	
Alternative Reality	7:30-9:00am
The Sports Hour	9:00-10:00am
Monster a Go Go	10:00am-12:00pm
Lunch with the Trinnie	12:00-1:00pm
Lining With the Trinnie	1:00-3:00pm
Night Fright Afternoon	3:00-5:00pm
The Fox Hole	5:00-6:00pm
Beeps Squeaks & Clicks	6:00-8:00pm
Audible Pornography	8:00-10:00pm
Night Fright	10:00-12:00am
The Truth with Pam and Justin	12:00-2:30am
Thursday	
YBTB	7:30-9:00am
Jazzomania	9:00-10:00am
Cupcake & Tea	10:00-11:00am
Putamayo	11:00-11:30am
Deconstructing Dinner	11:30-12:30pm
True North	12:30-2:00pm
The Sound of Sound	2:00-4:00pm
Cosmic Dave	4:00-6:00pm
Hot Bunny Radio	6:00-8:00pm
Shot in the Dark	10:00-12:00am
APAC	12:00-1:00am
Slot Available	1:00-2:30am
Afterhours DC	2:30-7:30am
Friday	
Reg's Recycled Records	7:30-10:00am
Peek at the Past	10:00-11:00am
Sounds for Seniors	11:00-1:00pm
Music of your Life	1:00-2:00pm
Reg Repeat	2:00-3:00pm
Smooth Beats	3:00-4:00pm
CKLU Selects	6:00-8:00pm
Artistry in Jazz	8:00-10:00pm
This Week in Braille	10:00-2:30am
Markus Schulz & Afterhours DC	2:30-7:30am
Saturday	
The Green Majority	7:30-10:00am
And Now....	10:00-12:00pm
Discorporate Rock Radio	12:00-2:00pm
Famous Flava	2:00-6:00pm
Village of the Darned	6:00-8:00pm
CKLU Selects	8:00-10:00pm
Rhythms of Clublife	10:00-12:00am
Notes from the Underground	12:00-2:30am
Afterhours DC	2:30-7:30am
Sunday	
Slot Available	7:30-9:00am
Oksana	9:00-10:00am
My Pickin' Parlor	10:00-12:00pm
Radio Palonia	12:00-1:30pm
The Jig Is Up	1:30-2:30pm
Vibrations of India	2:30-4:00pm
Kay-Country	4:00-5:00pm
This Way Out	5:00-6:00pm
Reggae-Matic	6:00-8:00pm
La Revanche des singes volants	8:00-10:00pm
Above the Waste	10:00-12:00am
Nadine Late Night	12:00-2:30am
Afterhours DC	2:30-7:30am

Interested in hosting or volunteering?
Visit the station on the 3rd floor of the Student
Centre, or check out <http://www.cklu.ca>

CKLU Award Winners

Most Favorite Show 2008:
Nadine Olivier- Cupcake and Tea

Freak Fan Award 2008:
Jason Miller- Miller Time

Best Fodder Award 2008:
All Students- Cambrian Presents

Most Exceptional Interviewer 2008:
Brent Holland- Night Fright

Bestest Music Award 2008:
Mike Sagansky- The sound of sound

Most Outstanding Seniors Show 2008:
Bruce Burgess- Music of your Life
Favorite Banter Award 2008:

Nelson Lafreniere and Craig Pearson- Non-
Sequitur Radio

Favorite New Host 2008:
Kayley Sanders- Kay Country

Plaque: LAMBDA
In appreciation for your generous donation
of both mixing boards to the CKLU studios.
- December 2008

Playing at the Townehouse

JANUARY 23RD - THE TOPES

JANUARY 24TH - THE BIRTHDAY CAKES, BUNNIES IN BERLIN,
RABBIT TRANSIT, THE HAVOCS

JANUARY 30TH - MERCHANTS OF SOLACE

JANUARY 31ST - MALCOLM BAULD, HORSES, RABBIT TRANSIT

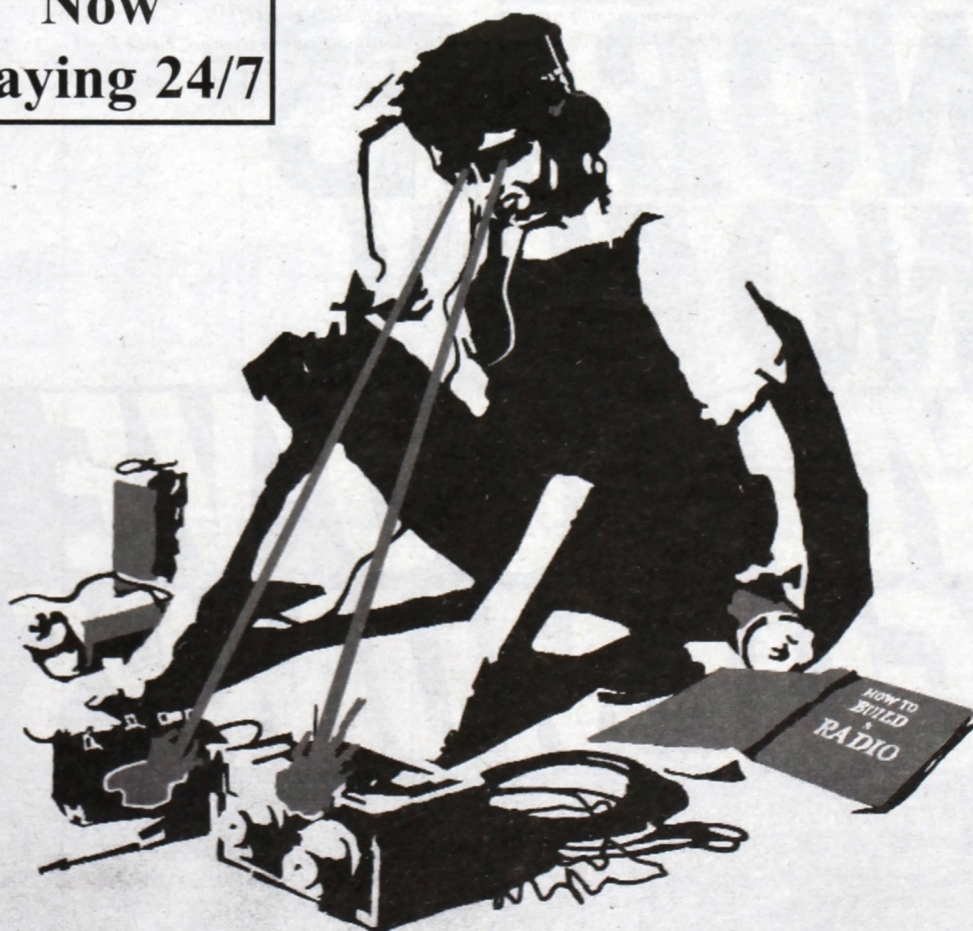
MARCH 5TH - MILES HOWE & MAXIM

MARCH 14TH - LOS MONDO BONGO

MARCH 17TH - BILLY JOHN AND THE TALL IRISH BAND

MARCH 19TH - THE GREAT LAKES SWIMMERS

Now
Playing 24/7



[WWW.CKLU.CA](http://www.cklu.ca)

Student takes on Aramark in fight for good food

Jason Motz

Nexus (Camosun College)

Not everyone is pleased to see the new food services provider, Aramark Corporation, on campus at Victoria, B.C.'s Camosun College.

Matteus Clement is one Camosun student who makes no bones about his issues with Aramark – a multinational food-service provider that caters to many universities in Canada – and has started an anti-Aramark Facebook group for Camosun.

"I feel that the place is being macro-managed. We need to micro-manage a facility of this size," asserted the 26 year-old, who looks and sounds a lot like Vin Diesel.

It becomes abundantly clear when you meet Clement that he's a passionate advocate for an alternative to cafeteria cuisine. Food has significance for

Clement that extends beyond mere health and wellness.

"Food creates a sense of community," said the former personal trainer.

In conversation, he's a veritable question machine; a Texas Instrument with muscles.

Clement has grim recollections about Aramark's first days at Camosun. A coffee junkie, Clement was appalled by the inconsistency of the black blood he required to fuel his mornings.

The coffee area was "a disaster," he said. Cream-slopped counters, spilt sugar glistening in puddles, and an undersupply of lids had Clement questioning Aramark's efficiency.

"If you can't keep the basics down, your straws and your sticks, then I don't understand what you're doing," said Clement.

Donna Burger, food service director for Aramark, admits the company's arrival on campus was not without some turbulence.

"The issue was staffing," she said. "We had a lot of things to do."

Informal chats with other students about cafeteria food and service stoked Clement's inquisitive nature. So, he began to ask questions.

He communicated with Kathryn LeGros, director of ancillary services at Camosun. He also spoke with Burger and addressed his concerns to both of them. These included pricing that he deemed unfair to students, a lack of greens, and the dominance of wheat on the menu.

This last point was key to the wheat-intolerant Clement.

"That's when I started to see that my options were very limited. If it wasn't pizza, it was baguettes," said Clement, with visible frustration.

That frustration is easy to find in the cafeteria. For the average student, a cafeteria is just a cafeteria, not a monolithic corporate entity. In fact, the Caf at Camosun is a Mecca of indifference.



A plugger will usually pass on any recipe with ingredients she either can't pronounce or find, at her local grocery store.

And that makes it a holy place for students like Valerie Lesage, who are lulled into eating there every day. The convenience is seductive.

"I'm too lazy and disorganized," said Lesage, offering no enthusiasm for either the Caf or its products. "The salads are quite big, but they are not particularly affordable."

Clement initiated contact with Camosun's Kathryn LeGros via e-mail, but he says the replies he received did not satisfy his concerns.

A planned interview with Burger was scuttled abruptly not long afterwards, says Clement, whose queries were passed on to the Camosun College Student Society and the Camosun Food Committee. Clement has ambivalent feelings about the commitment the CCSS is willing to make, but is optimistic he will have their support.

"I think the CCSS is doing the best that they can," he said. Still, Clement admits he's no martyr and is not leading an armed charge against Corporate America.

"I don't expect that everyone will have the same level of passion as I do," he said.

Clement's concerns about Aramark magnified when he began to research the corporate structure behind the grill. Fraud cases in Florida prisons, a nasty contract termination with MIT, accusations of union-busting in N.Y.C., and accusations of violations against workers' rights and health-code infractions were all under Aramark's watch. Facebook groups calling for boycotts against Aramark are

easy to find. Clement's very own group can be found by searching Facebook for "Camosun students against Aramark."

LeGros, who negotiated the contract with Aramark, says she did research the company before deciding on them and is aware of its track record.

"Camosun did its due diligence with the company management and qualifications," said LeGros.

The College's director of ancillary services isn't an employee of Aramark, but she chooses to accentuate the positives about the multinational company, stressing "what should be acknowledged and pointed out are the national and international achievements that have been awarded to Aramark."

For example, Aramark boasts a number of awards recognizing its environmental sustainability and vegetarian options.

Meanwhile, CCSS External Affairs Executive Christopher Gillespie says the student society is only peripherally interested in Aramark's dirty laundry.

"We have not investigated this directly," said Gillespie, "but we are always concerned with workers' rights and the quality of products and services offered to our members."

The last Camosun Food Committee meeting came and went without Clement's concerns about the quality in the Caf being addressed.

"What do I need to do to be heard?" he asks.

Clement sees the next meeting, scheduled for sometime late in January, as the battleground in what is becoming for him a personal fight. "I just want to fight this," said Clement, "to the bitter end."

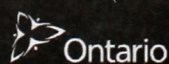
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MONEY: Setting the budget for student life

Hilary Paige Smith
The Brunswickan (U of New Brunswick)

Today's students shell out thousands of dollars on living, eating, and staying entertained. This, paired with the cost of a university education, equals a potentially massive debt load. Banks, as well as the governments, provide students with financial assistance. Support from banks can include bank loans and lines of credit. Daniel Monid, a financial services manager with the Bank of Montreal in Fredericton, N.B. highlights some of the merits of a student line of credit. The Bank of Montreal's student line of credit program includes benefits directed at young adults like lower interest rates and interest-only payments during the years of schooling and the year following that ensure that students are not paying back more than they are

financially able per month. "It really allows you to establish yourself, and because you are a student, we understand that and we are trying to help you get your education," said Monid. Despite the benefits that the student line of credit offers, Monid encourages students to look for government assistance before taking one out. Lines of credit can be difficult for students to obtain while they are only working part time and don't have years of establishing credit and making money to back it up. "Because you have a student line of credit, it becomes very easy to spend that money. It's almost free money at the time. You don't realize how long it takes to pay that money back," Monid said. He says students that have a line of credit with four per cent interest shouldn't think of a \$100 purchase at its retail value, but should be including the interest rate in their purchases. "Always price stuff up and say: 'Is it worth it? Do I

really want to pay that extra bit of money for it?' That's a quick way to do it in your head while you're purchasing." Some students of today's information age are concerned with procuring the latest technology as quickly as possible, and they risk hundreds of dollars in fees from the cellular mobility providers by breaking from contracts and getting premature upgrades for the latest phones. "I think that people spend too much money on clothing and electronics. They want the latest and greatest things to be ahead of everybody else and pay no attention to the cost," said Robin Hebb, a first-year student at the University of New Brunswick. Many students with jobs are working at a part-time, minimum wage level throughout the year. For students living in residence, a lot of their paychecks contribute to "extra groceries, clothing, and nights out with friends. Students living off campus run a higher risk of over-

spending because their money is doled out monthly, instead of in two lump sums. Students looking to better manage their money should set a weekly limit and take that much cash out at the beginning of the week. This has them spending tangible money instead of what can seem like limitless plastic. Any money left over each week should go towards a special purchase or towards a vacation. Also, buying gift cards for the grocery store ensures that you don't overstock that month by buying only what you know you need. Monid says that an essential part of handling your



finances as a student is being knowledgeable about banking and credit. He advises all students to take a trip to their bank and ask questions about subjects that are unclear to better understand the value of money. "When it comes to budgeting, it's a juggling act between needs and wants. You've got to live a little, but you also have to live smartly," said Monid.



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